



A Modern Way to Eat: Over 200 Satisfying, Everyday Vegetarian Recipes (That Will Make You Feel Amazing)

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Packed full of delicious, healthy recipes that are quick and easy to make, A Modern Way To Eat is a totally modern take on vegetarian cooking.

How we want to eat is changing. We want to eat food that is a little lighter, healthier and easier on our pockets, without having to chop mountains of veg or slave over the stove for hours.

More and more people are looking to include vegetarian recipes in their life beyond a mushroom risotto or yet another red onion and goat's cheese tart.

A Modern Way To Eat has over 200 recipes that are as simple to make as they are nourishing, satisfying and truly tasty. Based on how Anna likes to cook and eat every day, it covers everything from quick breakfasts to celebratory dinners, using different grains, nuts, seeds and seasonal vegetables whilst avoiding the usual vegetarian reliance on dairy, heavy carbs and stodge.

A Modern Way to Eat: Over 200 Satisfying, Everyday Vegetarian Recipes (That Will Make You Feel Amazing) Details

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Author : Anna Jones

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From Reader Review A Modern Way to Eat: Over 200 Satisfying, Everyday Vegetarian Recipes (That Will Make You Feel Amazing) for online ebook

Rebecca says

I don't think this is going to convince any firm meat eaters to become vegetarian / eat a lot less meat (as River Cottage Veg Every Day! might, for example) - but if you like light, healthy, (slightly food blog influenced?) food then it should go down well. My favourite aspect was that she often gives ideas for tinkering with ingredients etc after teaching a technique, a la Diana Henry. It really helps you to move away from being a cookbook follower, to becoming a confident cook without a book.

Wendi says

Truth be told, I didn't really know about Anna Jones before Jamie Oliver told me about her. But in the process I discovered that I do know some of her work with Oliver, Ottolenghi, and other substantial cooks from the United Kingdom. She was an early student at Oliver's Fifteen and is also a food stylist.

A Modern Way to Eat is "200+ satisfying vegetarian recipes (that will make you feel amazing)." A few weeks ago I made Mourad's preserved lemons, and they were ready just in perfect timing for Jones' delicious springy stew.

Read the rest of my review (plus recipe) at [wanderaven](#)

Alexandria Joy says

You can find my review (with pictures) here: <http://www.alexandriagryder.com/bookr...>

Let me get this off my chest: I don't cook.

My friends know this, my family knows this, and even my dog knows this about me. I've never been too good at it, and I've always demanded instant gratification.

Anna Jones makes me *want* ?to put a meal together.

And it's not just because her book is aesthetically gorgeous; it's because she makes me feel like it's possible to not be a complete failure in the kitchen.

I really enjoyed how casual this cookbook was, and even the lowercase letters throughout made me feel like I was an equal in the kitchen. There are not photos for every meal, but Anna's words easily help to paint a picture for the reader. I particularly enjoyed the "overnight oats with peaches" recipe.

The picture is flawless, the recipe is simple, and the serving size is perfect for my two person home. It's

really hard for me to eat breakfast (mainly because it is such a heavy meal), but this is definitely something I plan to snack on in the mornings. I also really appreciate all of the different takes on pancakes and waffles; Anna knows the way to my heart.

And that is the great thing about this cookbook; Anna wants us to have a positive influence on the environment. It's so, so hard to find recipes where the serving size is only two. It's also difficult to find a cookbook that really roots for you to save money and stay healthy. Each recipe in Anna's book looks so filling and positive without making me feel like I need to make a large trip to the market.

I'm excited to try more of Anna's recipes in my new kitchen in a few weeks; I believe it's going to have me reaching for it quite a lot.

*In compliance with FTC guidelines, I am disclosing that I received this book through Blogging for Books for this review.

Cherie says

A I am buying this cookbook - great pics, lots of new and interesting yummy sounding recipes. Great for vegs.

Noodles78 says

I'm what you'd called a crap vegetarian. I don't like green vegetables, or any kind of cooked green food. It freaks me out. Tastes of earth, and not in a good way.

I'm not a fan of vegetarian cookbooks, I normally ignore them for 'normal cookbooks' ones that I can adapt for my veggie eating ways. I'm also not a big fan on 'healthy eating' cookbooks, a term I read as dull or faddy, I really do like cheese waaaaay too much. So when I was given this book, I assumed I'd look at it once and then probably give it away.

Imagine my surprise when I started to flick through it this morning and stumble across some, alright nearly all the recipes, that made me salivate. I'm making up a shopping list of ingredients, and now I'm trying to work out which to start with, I kinda want to make them all.

Ryan says

The food styling and photography is well done, some of the recipes are quite tasty or novel (many of the soups and salads for example), and the variants Jones offers could be valuable for readers with little cooking experience (or imagination); however, there are a number of problems:

"We want food to be delicious, healthy, local, fast, cheap, and good for the planet."

The author champions thrift and local sourcing, but the recipes routinely call for expensive, difficult-to-

source, environmentally unsustainable "superfoods."

She champions tradition and then re-imagines classic recipes in ways that strip away their core appeal (huevos rancheros without chile peppers? eggs benedict without butter?). She repeats unsubstantiated health claims, and is obsessed with "clean" and "light" foods, never defining these terms except to imply that these properties are transferable to the eater.

She deploys the language of virtue, reward, and aspiration to talk about food - the problem of course is that if you can apply these ideas to your meal planning and preparation, you can just as easily succumb to vice, punishment, and failure at the market, in the kitchen, and at the table.

Trendy, orthorexic, and arguably deceptive, I can't recommend this book.

Virginia Campbell says

With "A Modern Way to Eat: 200+ Satisfying Vegetarian Recipes (That Will Make You Feel Amazing)", author Anna Jones offers food ideas that are "delicious, healthy, local, fast, cheap, and good for the planet". Anna began as a student of renowned celebrity chef Jamie Oliver, and she moved forward into assisting him with his books, TV shows, and food campaigns. Jamie, much like a proud parent, wrote the foreword for this book. For Anna, the food is all about flavor, and she manages to make the most wholesome ingredients into the most flavorful dishes. With well-thought-out helpful advice, practical tips and tidbits, and scrumptious eats, she sways you into her celebratory vegetarianism. Whether you prefer to incorporate more meatless meals into diet, or you are ready to fully embrace the vegetarian lifestyle, you will find much to savor with recipes like these: "Blueberry Pie Oatmeal"; "Turkish Fried Eggs"; "Lemony Lentil and Crispy Kale Soup"; "Full-of-Greens Fritters"; "Butternut Squash and Kale Tart"; "Ricotta, Thyme, and Sweet Potato Bake"; and "Any-Night-of-the-Week Pizza". The dessert section, entitled "Sweet Endings" can best be described as "Oh, my, my!". Treat your sweet tooth with these awesome offerings: "Banana, Toffee, and Coconut Cream Pie"; "Brown Sugar Tart"; "Apple Molasses Cake with Honey Icing"; "Cardamom and Carrot Cakes with Maple Icing"; and "Molten Maple Chocolate Cakes". There are also breads and beverages and other lovely things, and the enticing color photos aid in tempting the palate. Food should be fun, full of flavor and vitality--never a chore or an obligation. Anna Jones brings her own masterful touches to a most modern way of eating, and you will rejoice in the riches she shares.

Review Copy Gratis Ten Speed Press via Blogging for Books

Allison says

Upping my review from four to five stars because I have rarely been disappointed by any of the recipes and am usually pretty amazed at how tasty everything is.

Highlyeccentric says

Haven't actually cooked anything yet, but from reading, impressions:

I'm pretty happy with this cookbook. It's a bit fussier than I usually am (I see no reason to purchase quinoa, or chestnut flour), but more practical than, say, Yotam Ottolenghi.

On the other hand, it got my hackles up right from the introduction, where Jones explains her food choices in terms of "too much healthy food leaves me miserably hungry, but equally I don't like to rely on a lot of heavy carbs or dairy...". I just... if it's leaving you miserably hungry then it is not a healthy diet! OK so you don't like heavy carbs, fine, but your definition of "healthy" needs rethinking. I'm also not keen on the fetish Jones seems to have for feeling "light" and praising foods as "light". On the one hand... ok, many people have a personal preference against rich or carb-laden foods, for reasons of digestive comfort or whatever. But fact is fetishising "light" food translates to performing food virtuosity and implied thin-ness.

Keesje Crawford-Avis says

Very sad to be returning this to the library. I have cooked many of the recipes and they are delicious, easy and very fresh. It's now on my birthday list!

Debbi says

Delicious, creative and unpretentious. This is such an interesting cookbook. I find myself thinking about the recipes as I walk through the farmers market. The roasted cherry tomato, kale, and coconut salad with tahini lime dressing is almost worth the price of the book!

Mary says

Anna Jones, food stylist, wrote this book to reflect what she believes is a healthier, lighter and more balanced eating sensibility (quoting Michael Pollen's oft-cited, "eat food, not too much, mostly plants") that takes into account both a healthy body and a healthy planet. All of this while also eating joyful. She tries to balance taste with health so spelt flour in her ginger cookies but also butter. She often uses ingredients that most people won't have readily accessible in their pantry, like the spelt flour, so if you want to use this book widely, you'll need to add a variety of grains (millet, amaranth and black rice, for example) to your shopping list. She adds that she attempts to eat local, organic and inexpensively (though many ingredients are expensive). She addresses gluten free concerns and provides substitutes. She includes an ingredient tree at the beginning that cooks can use to pull together their own quick greens dish (as an example as an approach to flexible cooking). The rest of the book is ordered around courses. She does not include a pantry of needed ingredients or a list of equipment. Given her job as a food stylist it isn't a surprise that the color pictures tend to reflect composed eating scenes.

Each recipe starts with a couple of paragraphs on context or describing an ingredient. The recipe directions are relatively loose with no pan sizes and sometimes no stated times, rather, "until softened". Ingredients are listed separately but can also be rather loosely interpreted like two handfuls of greens. The recipes also do not indicate servings. Generally, some variance in these recipes will not ruin the recipe, but it does make it seem as if recipes are very flexible.

She's got a great list of things to put with avocado on toast. And other quick meal ideas throughout the book. An especially useful chart is one on unique veggies like celeriac and rutabaga and how they might be prepared. These quick ideas are worth the price of the book for those who want quick meal ideas without

having to think! A section also explains different types of grains and their uses.

I really like how Jones puts spices and flavors together (like in the dosa spiced potato cakes with avocado) and how she suggests other dishes the spices might work with.

Claire Talbot says

Wow! is what I think - *A Modern Way to Eat* will become a vegetarian classic. I did not know Anna Jones by name, but I certainly know who Jamie Oliver is, so I was interested in this cookbook from the start. I was blown away by its photographs, instructions, and content. This is a book I shared with my 23 year old daughter, and she was equally thrilled with "*A Modern Way to Eat*".

First, I love the way the book is set up - I started with the "what gets me up in the morning" section, and promptly made the blueberry pie oatmeal. Delish! It will be in my morning rotation regularly. Both my daughter and I loved the page on "ten ways with avocado toast" - toast are trendy right now, but they are also a quick, healthy way to enjoy breakfast. Anna does the list type thing frequently, with morning fruit, smoothie ingredients, and even a general guide to how she cooks, step by step. I liked it! She uses this technique in "How to make a great salad", and the chart for what vegetables are in season each season - great for those who seek to do the farm to table format. Many of the recipes are good all-purpose recipes, that you can make and eat in a relatively short amount of time. Anna also lists her top vegetables, and how to prep them, use them in soup, make a quick pasta, or how else to use them (toasts, salads, dips, bruschetta, etc.) I highly recommend this book to vegetarians, or to people like me who want to eat vegetarian several times a week for better health. I can't wait to try many of the recipes in the book - next is Springtime wild garlic and lemon risotto, Double greens and phyllo pie, butternut squash and kale tart (always looking for new ways to use kale) and the sweet red onion and hazelnut pizzette. I received a copy of this book from "Blogging for Books" in exchange for an honest review.

Brenda says

I have recently acquired the new hobby of collecting and reading cookbooks, mainly because I love to cook. I love reading the little extra information for each recipe and looking at the pictures. Some cookbooks are lovely, but are filled with recipes that I most likely won't ever try. The great thing about *A Modern Way to Eat* is that it is a beautiful book, but more importantly, I want to cook every single recipe in here.

They don't look very complicated, and seem fairly quick to make. So far I have tried one recipe from the book: Avocado and Lemon Zest Spaghetti. My husband came home while I was cooking and said it smelled really good. And it also tasted delicious, which is a good thing. I'm not a vegetarian, but I would like to eat a lot less meat. It's expensive, especially if you don't want to buy it from the grocery store where you get mostly factory farmed meat. So this cookbook came just at the perfect time, and will get a lot of use in my home.

I got this book free from Blogging for Books in exchange for an honest review.

Stephanie says

The book was a lot thicker than expected. I skimmed through it to see if I wanted to make anything from it. I wasn't expecting so much dairy or soy in the recipes, but it's easy to make a vegetarian dish if you take out the meat from the original recipe. The desserts didn't stand out to me much, though usually those are the ones I will make.

3/5 stars
